What does your tongue reveal about your health?
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Grab a mirror and let's see if your tongue falls into one or more of the top 3 patterns that I typically see.

1~   Does your tongue look **purplish** or **dusky**? Look underneath your tongue and see if you can see two **purple** colored veins—if you can, you have some degree of blood stagnation which can result from any sort of chronic stress, chronic pain or circulation problems .

Treatment: acupuncture and cupping or gua sha
Effect: better blood circulation, detoxification, less pain, looser muscles and we all know that a relaxed body→ a relaxed mind so less stress!

2~   Does your tongue have a **thick** white coat? The top of your tongue should have a thin white coat. If it's too thick or too wet, too dry or slightly yellow in color these all indicate dysfunction. A thick white coat usually points to a problem with your digestion. By strengthening your digestion, you can prevent a large variety of health problems.

Treatment: acupuncture, moxibustion and dietary changes from a Chinese medicine perspective
Effect: better digestion, more energy, less sugar cravings, clearer thinking

3~   Does your tongue have tooth marks on the edges, i.e., is it SCALLOPED?
An ideal tongue has no tooth marks and doesn't look slightly swollen. A scalloped tongue indicates you have some sort of deficiency which can cause symptoms such as fatigue, malaise, poor memory and feeling cold easily.

Treatment: acupuncture, moxibustion and dietary changes from a Chinese medicine perspective
Effect: improved mood and energy, less aversion to cold, more stamina

The wonderful thing about Chinese Medicine is how it uses simple diagnostic methods such as looking at your tongue to not only treat your current symptoms but prevent future health problems as well.

To make an appointment and find out more about what your tongue reveals and how to treat the related symptoms feel free to call or email us at info@flowinghealth.org.

For more health resources, visit www.flowinghealth.org.